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# How WIC Helps

Special Supplemental Food Program for Women, Infants, and Children.

A black and white photograph of a smiling pregnant woman with dark hair, wearing a striped dress. She is holding a large, full paper grocery bag. The background is a blurred outdoor setting with foliage.

*Eating for You  
& Your Baby*





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**B**eing pregnant or nursing your baby, the Supplemental Food Program is here to help you. If you need additional foods you can go to the welfare office to see if you qualify for your WIC food package as the start to a better way of eating, and both you and your baby will be better off for it.

and the Special  
and Children (WIC)  
money to buy the  
the health clinic or  
stamps or other aid. Use



# *Eating for You & Your Baby*

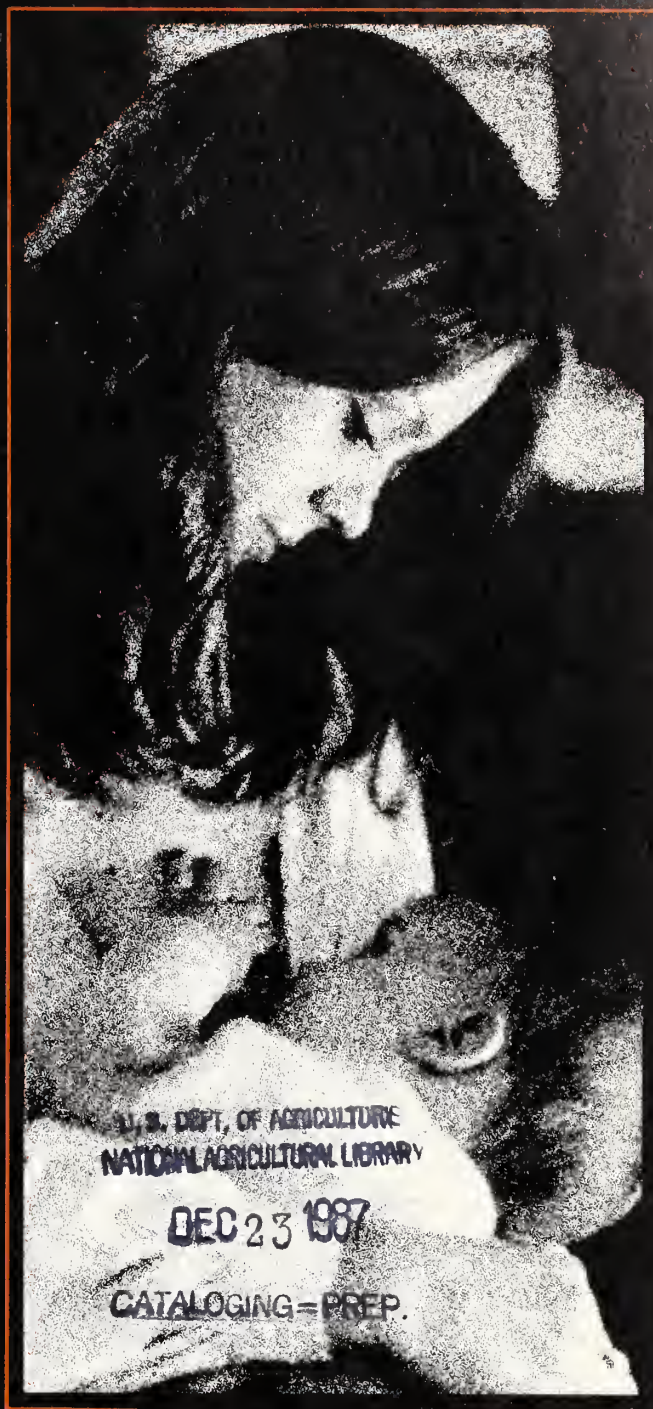
Not all of us eat as well as we should to give our bodies all the things we need to be healthy. But some of us do a better job than others. Now that you are pregnant or nursing a baby, you have an extra reason to make sure that you eat right. If you've never spent much time thinking about what you eat, this is the time to start. It's not hard, it just takes a little more thought about what you put in your mouth. Your baby's health could depend on it.

When you are hungry, you can eat any number of things to stop that hungry feeling. But if you are pregnant or nursing, you and your baby need certain nutrients — or building materials — found in foods. The only way your baby can get the nutrients it needs to build muscles and bones and other body tissues is through you. What you eat can make the difference between a normal, healthy baby and a baby who may have problems.

If you are a teenager, your body is still growing while your baby is developing inside you. This gives you another reason to get the right nutrients through what you eat. Not only do you need nutrients to stay healthy and help your baby develop, but you also need them to continue to grow yourself.

WIC is a supplemental food program. The WIC package contains only some of the foods you and your baby need. Your WIC package may have milk, cheese, eggs, peanut butter or dry beans or peas, vegetable and/or fruit juice, and iron-fortified cereal. That isn't all the food you need, but it is a healthy start. Your WIC nutritionist will help you plan a complete diet for you and your baby.

There are many ways to serve the WIC foods so that you don't have to eat the same thing each day. Fix the foods the way you like them, or try the suggestions on the next few pages. Remember that different foods contain nutrients which do different things for you and for your baby, so it is important to eat a variety of foods.



*Photo: La Leche League International*

*Eating the right foods is just as important when you are breastfeeding as when you are pregnant. You should follow the same eating plan as when you were pregnant, adding an extra glass of milk and a nutritious snack, such as cheese and crackers or a peanut butter sandwich. Nursing mothers need more liquids than normal, so drink 8 to 12 glasses of water or other liquids a day.*



## *Vegetable & Fruit Juice*

Vegetable and fruit juices in the WIC package contain vitamin C. The body uses this vitamin to help form the substance that holds body cells together, and to form healthy bones, teeth, and gums. In addition, vitamin C strengthens the walls of the blood vessels and helps fight infection. Drink your vegetable or fruit juice as a snack or as part of your breakfast or other meals.

## *Eggs*

Eggs have protein, iron, and some vitamin A. Protein helps the baby grow and build muscles and blood. Iron also builds blood and helps prevent a blood condition called anemia. You need vitamin A for healthy eyes and skin. Fix your eggs many different ways — fried, hard or soft boiled, poached, or scrambled — for any meal. Try an omelette sometimes. Have a hard-boiled egg for a snack.

## *Iron-Fortified Cereal*

Iron-fortified cereals give you the iron you need for building blood and preventing anemia. They also have the B vitamins needed for a healthy nervous system, a good appetite, and healthy skin. Have cereal with milk for breakfast or as a snack. Try adding fresh, dry, or canned fruits like sliced bananas, raisins, or peaches to it.



**WIC Foods  
for Pregnant &  
Nursing Women**

## ***Dry Beans & Peas or Peanut Butter***

These foods are valued for their protein, iron, B vitamins, and minerals. Protein is the basic building block for you and your baby. Without it your baby will not grow and develop. Skin, muscles, organs, hair, nails, and red blood cells are all made of protein. Your body needs B vitamins to help turn the food you eat into energy. You also need

them for a healthy nervous system, good appetite, and healthy skin. **Add "zip" to your meals with piping hot pea or bean soup. Use beans with rice or corn or in chile con carne for nutritious and tasty dishes.**

## ***Milk & Cheese***

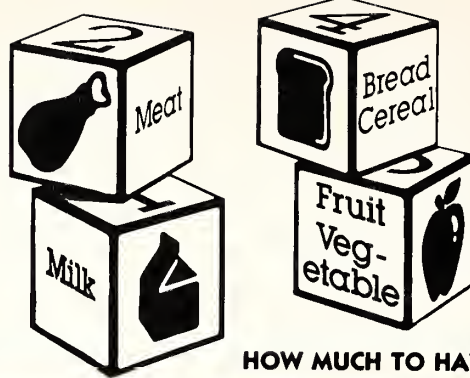
Milk and cheese give you and your baby calcium, protein, vitamin A, and B vitamins. Calcium helps build strong bones and teeth, and helps muscles and nerves work well. You have to have protein for the baby to grow and develop. Protein also helps build muscles and blood. Vitamin A helps keep eyes and skin healthy. You need B vitamins for the nervous system, and to help you have a good appetite and healthy skin. **Drink your milk plain, put it in pudding, or fix yourself a milkshake or eggnog. Eat cheese by itself or on crackers, melt it on toast or tortillas, or put it in scrambled eggs.**





# What to Eat Each Day

The WIC foods are actually foods you need all the time in order to be as healthy as you can be. They include choices from four basic food groups. This chart gives you an idea of what you should be eating each day.



**HOW MUCH TO HAVE EACH DAY**  
**WHEN PREGNANT**      **WHEN BREASTFEEDING**



## MILK & MILK PRODUCTS

(milk, cheese, cottage cheese, yogurt, and ice cream)

**1 serving** = 1 8-ounce cup of milk  
 or  
 2 slices of cheese (1-1/2 to 2 ounces total)  
 or  
 1 cup of yogurt  
**1/2 serving** = 1 cup cottage cheese  
 or  
 3/4 cup ice cream

**3** or more servings  
 (4 for pregnant teenagers)

**4** or more servings



## MEAT & MEAT ALTERNATES

(meat, poultry, fish, cheese, dry beans or peas, eggs, nuts, and peanut butter)

**1 serving** = 2 to 3 ounces of lean meat, fish, or poultry  
**1/2 serving** = 1 egg  
 or  
 1/2 to 3/4 cup cooked dried beans or peas

**2** or more servings

**2** or more servings



## VEGETABLES & FRUITS & THEIR JUICES

(citrus, tomatoes, peppers, dark green and deep yellow fruits and vegetables)

**1 serving** = 1/2 cup fruit or vegetable  
 or  
 1/2 cup juice

**4** or more servings

**4** or more servings



## BREADS & CEREALS

(whole-grain or enriched bread, cereal, rice, and spaghetti or other pasta)

**1 serving** = 1 slice bread  
 or  
 1 muffin  
 or  
 1/2 to 3/4 cup cooked or dry cereal, rice, or pasta

**4** or more servings

**4** or more servings

To round out meals and get additional calories if needed, you can have extra servings from these food groups as well as other foods. Remember that you need to drink 6 to 8 glasses of water or other liquids each day, more if you are breastfeeding.



## Snack Ideas

Make a banana milkshake by mashing one banana and add one cup of milk. Shake well in a jar or mix in a blender, and chill. • Sprinkle grated cheese over hot popcorn and stir well. • Make fruit pops by pouring fruit juice into an ice cube tray and freezing. • A hard-boiled egg is a quick and easy snack.

- Fix a super snack of celery stuffed with peanut butter.
- Peanut butter and crackers is an easy take-along food.
- Soak carrot sticks in orange juice for a different and delicious snack. • Make fruit punch by combining two or more of your WIC juices and chilling.
- A peanut butter and banana sandwich on whole-wheat bread is an easy, make-ahead, take-along food.



### RECIPE

#### Quick Cheese Pizza

1 slice whole grain or enriched bread  
2 tablespoons of tomato sauce

2 slices of cheese  
oregano

Lightly toast the bread. Cover toast with tomato sauce, then cheese. Sprinkle oregano on top of cheese. Broil until cheese melts. For variety, put a slice of onion or green pepper on top. (Makes one serving.)



### RECIPE

#### Quick-Cook Chili

1 pound ground beef  
1/2 cup chopped onions  
2 cups of cooked pinto beans

10-3/4-ounce can condensed tomato soup  
1 tablespoon chili powder

Heat beef and onion in a frypan until beef is browned and onion is tender. Drain off excess fat. Stir in the remaining ingredients. Cover pan and simmer for 30 minutes, stirring occasionally. (Makes six servings, about 3/4 cup each.) Refrigerate or freeze leftover servings.



### RECIPE

#### Orange Punch

5 cups cold water  
1 cup nonfat dry milk

12-ounce can concentrated unsweetened orange juice

Mix water with milk powder and add concentrated juice. Stir well or blend. Chill. (Makes four servings, about 14 oz each.) Refrigerate leftovers. Variation: Try adding 1/2 teaspoon vanilla to the mixture.



### RECIPE

#### Yogurt Fruit Crunch

1/2 cup plain lowfat yogurt  
1/4 cup dry cereal (use a crunchy cereal)

1/4 cup fruit, fresh or canned in light syrup or natural juices

Spoon layers of cereal, yogurt, and fruit into a bowl. (Makes one serving.)



The WIC Program has other supplemental food packages for infants from birth to 1 year of age and for children from 1 to 5 years of age. For more information on these packages, contact your WIC office.

The Special Supplemental Food Program for Women, Infants, and Children is open to all eligible persons regardless of race, color, sex, or national origin.





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